



Serves: 4

French Bean And Yoghurt Antipasti

Ingredients

- Green beans, frozen 120g
- Red onion, sliced thinly 40g
- Spinach leaves, fresh 120g
- Natural Set Yoghurt 100g
- Spring onion, chopped 20g
- Balsamic vinegar 4 tsp

Tips:

- Cook and serve vegetables just before eating to retain maximum nutrient value.
- Make your own healthy salad dressings to control the amount of fat, oil or seasonings.
- Milk and dairy products provide calcium, which is essential for healthy bone growth and development.

Method

- Boil the beans in salted boiling water for 10 minutes.
- Strain and set aside to cool.
- Mix all the vegetables except the spring onion and toss with olive oil and vinegar.
- Pour yoghurt over salad and then garnish with spring onion.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 45kcal
Protein 2.4g
Total fat (g and % of total calories)
0.4g (9.0%)
Saturated fat 0.3g
Cholesterol 1.5mg
Carbohydrate 7.0g
Dietary Fibre 1.6g
Sodium 117mg